**Unhealthy American Habits**

Meliha and her children live in St. Paul. She is from

Somalia. She came to the U.S. five years ago. Many things are

different in America. American food is very different from Somali

food. You can buy junk food with fat, sugar, and oil. Americans

don’t walk as much as people in Somalia. You can drive a car or

take the bus. Meliha sees many overweight people in America.

Meliha’s children like junk food. They like to eat

hamburgers and French fries. She does too. She notices that she

gains weight in America. Her children like to watch T.V. They do

not go outside to play. Meliha doesn’t walk very much because

she has a car.

Meliha goes to the doctor. The doctor says she has to eat

more fruits and vegetables. He says that too much junk food like

chips, fries, and sugar is bad for her health. He tells her that she

needs to get more exercise. He says that too much fat and not

enough exercise is bad for her. It is bad for her children, too.

Meliha doesn’t know if the doctor is right or wrong.

**Comprehension Questions: Yes or No?**

1. Meliha has children. Yes No

2. Meliha is from Ethiopia. Yes No

3. American food is the same as Somali food. Yes No

4. People walk more in Somalia. Yes No

5. Some people in America are overweight. Yes No

6. Her children like French fries. Yes No

7. Meliha loses weight in America Yes No

8. Meliha likes to watch T.V. Yes No

9. Meliha drives a car. Yes No

10. Meliha goes to the doctor. Yes No

**The doctor says:**

11. Eat less a. junk food b. water

12. Exercise a. more b. less

13. Too much sugar is a. good b. bad

14. Too much fat is a. good b. bad

**Discussion questions:**

1. How can Meliha get more exercise?

2. What kinds of foods can she eat that are good for her?

3. Do you agree with her doctor?

4. Do you think most Americans are healthy? Why or why not?